Thrive Kids Clinic

PARENT WORKSHEET · BRING THIS TO YOUR FAMILY DOCTOR

# My Child & ADHD Concerns

QUESTIONS?
416-849-2260
info@thrivekidsclinic.ca

| CHILD'S NAME | DATE OF BIRTH | GRADE | COMPLETED BY | DATE |
|---|---|---|---|---|
| | | | | |

Tick only what you see often, for 6 months or longer, in more than one place (home and school). Every child does some of these sometimes. What matters is what gets in the way.

## 1 Focus & Attention

- [ ] Loses focus, misses details, careless mistakes
- [ ] Doesn't seem to listen when spoken to
- [ ] Starts things but doesn't finish them
- [ ] Disorganized, loses things, forgets routines
- [ ] Avoids tasks that take mental effort

## 2 Activity & Impulse

- [ ] Fidgets, squirms, can't stay seated
- [ ] Always on the go, as if driven by a motor
- [ ] Blurts out answers, interrupts
- [ ] Can't wait their turn
- [ ] Acts before thinking

## 3 Mood & Behaviour

- [ ] Argues with adults, refuses requests
- [ ] Big temper or meltdowns for their age
- [ ] Easily annoyed, touchy, or angry
- [ ] Blames others for their own mistakes

## 4 Worry & Low Mood

- [ ] Anxious, worried, afraid to try new things
- [ ] Very hard on themselves
- [ ] Sad, withdrawn, or trouble sleeping
- [ ] Avoids or refuses school

## 5 How It's Getting In The Way

- [ ] Marks below what they're capable of
- [ ] Trouble making or keeping friends
- [ ] Daily conflict at home
- [ ] Homework takes far too long, or ends in tears
- [ ] The teacher or school has raised concerns
- [ ] Their confidence is dropping

**When did you first notice this?**

**What have you already tried, and did it help?**

FOR THE PHYSICIAN

## Refer to Thrive Kids Clinic for ADHD assessment

**HOW TO REFER**
**Ocean eReferral or fax.** Search "Thrive Kids Clinic physician referral" for the form.

**CURRENT WAIT**
**3 to 4 weeks** from a complete referral.

**HELPFUL TO INCLUDE**
Recent report card, teacher comments or IEP, any rating scales done.

**COVERAGE**
**OHIP covered.**
2686 Danforth Ave, Toronto
416-849-2260 · info@thrivekidsclinic.ca

This worksheet organizes what you've noticed. It is not a diagnostic tool and does not replace a clinical assessment. Formal rating scales are completed by parent and teacher and scored by your physician.